



Our lives are filled with increased demands, anxiety and stress. Day-to-day responsibilities can be challenging enough, but when additional, unexpected burdens are added, we can quickly lose our way. The Kentucky Employee Assistance Program (KEAP) offers resources that can help us through times of personal challenge.

A few of the services offered include:

Crisis Prevention

Wouldn't it be great if we could just avoid all crisis? Although that would be ideal, it's probably not likely. But we can be more prepared. With classes like Verbal De-escalation Skills and Workplace Violence, we can learn techniques that can prevent or diffuse a hostile situation. Having skills to respond in these situations is key to limiting the stress and lasting impacts.

Crisis Response

When a crisis, traumatic event, or death does occur in the workplace, KEAP provides crisis response and grief response to groups or individuals. It can be helpful to talk about possible reactions that might follow a traumatic event and express our thoughts in a safe environment.

Stress, Anxiety and Depression Management

Secondary trauma is very real for many Commonwealth employees who are exposed to stories of abuse, violence and death. KEAP offers a classroom workshop to help recognize symptoms of second-hand trauma and presents ideas to address those issues.

The anxiety awareness workshop includes information about the causes, symptoms and impacts of anxiety, as well as possible treatment options if needed.

Similarly, a session related to depression awareness focuses on the causes, symptoms and impacts of depression. Tips to cope with symptoms and how to recognize that it may be time to seek further help is also discussed.

KEAP's stress management workshop explores strategies for managing stress and for developing a long-term, wellness-oriented lifestyle.

See all of KEAP's services at <http://bit.ly/KyEAP>.

Information you provide to the Kentucky Employee Assistance Program will be held in strict confidence, guaranteed by law, and is not included in personnel records nor revealed to supervisors, coworkers, family or friends. KEAP records are NOT subject to open records requests, and participation does not jeopardize your job or promotional opportunities.

**KENTUCKY
PERSONNEL
CABINET**



Questions?
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